



# Cooking Dried Beans and Peas

## Cooking Dried Beans in 3 Easy Steps

- 1. Sort:** Pick out any broken or damaged beans and throw them away.
- 2. Soak:** Dried beans need to be soaked before cooking. There are 3 ways to soak:
  - **Quick Soak:** For one pound of dried beans, add 10 cups of hot water in a large pot. Boil for 2–3 minutes, then remove from heat, cover, and let sit for 1 hour.
  - **Hot Soak:** Hot soaking is like quick soaking, but it lets beans soak for a longer time, which can help reduce intestinal gas. Follow instructions for quick soak, but let beans sit for 4 hours.
  - **Overnight Soak:** For one pound of dried beans, add 10 cups of cold water and soak overnight, or at least 8 hours.
- 3. Cook:** Drain soaked beans and rinse. Return beans to large pot and cover with fresh water. Simmer for 1.5–2 hours. Taste-test beans to desired tenderness.

Remember you can always substitute dried beans for canned beans! Canned beans don't need to be soaked so they are always ready for cooking. Canned beans have the same nutritional benefits as dried beans.



## Other Helpful Tips

- Dried beans will swell as they soak, so choose a large pot for soaking.
- Avoid mushy beans by boiling gently and stirring very little.
- Add any of these foods during the last 30 minutes of cooking for better flavor: chopped onion, garlic, green pepper, carrots, celery, tomatoes, or cooked meat.
- Cooked beans can be stored in the refrigerator for 4–5 days or frozen in 1–2 cup servings for up to 6 months. Cover cooked beans with water or cooking liquid to avoid freezer burn.

## Nutrition “Beanafits”

- Beans are a good source of protein. One cup of beans provides  $\frac{1}{3}$  of an adult's daily protein needs.
- Beans are high in iron, which prevents anemia. One cup of cooked beans provides half of a woman's daily iron needs, and a  $\frac{1}{2}$  cup of cooked beans meets all of a child's iron needs.
- Beans really are good for your heart! Beans are naturally low in fat and sodium and have no cholesterol.
- Beans are packed with fiber, which is good for digestion and for heart health.

# Easy Beans & Peas Recipes

Beans taste great any way you prepare them! Try them baked or refried, as sandwich spreads, or in soups, salads, casseroles, and chili!

## Salsa-Style Beans

- 1 lb. pinto beans
- 1 tbsp. sugar
- 1 large onion, chopped
- 1 can (14 oz.) corn, undrained
- 1 can (14 oz.) chunky tomatoes, salsa-style
- 2 cubes beef bouillon

1. Soak dried beans using preferred method.
2. Cook beans until tender.
3. Add tomatoes, sugar, onion, bouillon, and corn.
4. Cook on high for another 30 minutes or until onions are tender.
5. Serve over rice or with cornbread.

## Easy Bean Dip

- 2 c. cooked/canned pinto or black beans
- ½ c. salsa
- shredded lettuce
- grated cheese
- low fat sour cream
- chopped veggies (like tomato, green pepper, jalapeno, onions, black olives, or avocados)

1. Drain the cooked or canned beans.
2. Place beans in blender, food processor or bowl with salsa.
3. Blend, process, mix, or mash until mixture is smooth.
4. Spread mixture on center of plate.
5. Top with desired toppings and serve with corn chips or crackers.

## Lentil Soup

- 1 c. dry lentils
- 4 large onions, chopped
- 4 large carrots, chopped
- 1 stalk celery, chopped
- 4 c. water
- 1 tsp. salt
- 1 medium bay leaf (optional)

1. Put all ingredients into a large pot.
2. Heat until boiling.
3. Cover pots and cook gently for about 30 minutes or until lentils are tender.
4. Remove bay leaf and serve.

**Variation:** Add pieces of cooked ham and omit the salt.

## Herbed Hoppin' John

- 1 lb. pinto beans
- 1 tbsp. sugar
- 1 large onion, chopped
- 1 can (14 oz.) corn, undrained
- 1 can (14 oz.) chunky tomatoes, salsa-style
- 2 cubes beef bouillon

1. Soak dried beans using preferred method.
2. Cook beans until tender.
3. Add tomatoes, sugar, onion, bouillon, and corn.
4. Cook on high for another 30 minutes or until onions are tender.
5. Serve over rice or with cornbread.